des are invited to write to her, in

are of The Economy World, re-

hem to following her disserrated

raining are the best for this. They may be the result of indigentian, and if this is the case any of the trunk exercises will relieve you. I feel sure of one thing, however, and that is, that all of the milder exercises taken in the fresh air, in conjunction with regular and deep breathing, will exercisely benefit you.

INTEGRITY writes; "I am conting

ally following pure advice given in the paper, and am greatly benefited by same. My shoulders and bust have greatly developed through the exercises you proposed. Will you kindly let me know what my correct measurements should be? I am about

brush blond hair?"

cush blond hair?"
You should weigh about 150. Chest.
4 bitst, 28.5; waist, 27; bips, 38; bighs, 28.4; cast, 14.5; andde, 8.5; up-

Gen. G. M. Dodge Critically III.

COUNCIL BLUFFS, In., Oct. 24.-Gen.

renville M. Dodge, only living Corps

ommander of the Civil War, and a ratt-

road builder, is critically ill at his home

here. Gen. Dodge returned three weeks

Doughnuts or "Sinkers"-Which?

When you drop the patter of dough into the deep fat, it depends upon the nature of the fat whether it will be a doughnut or a "sinker."

The fat coats the starch granules. If it be hog-fat which melts 15 degrees higher than the temperature of your stomach, the coated granules are carried into the intestines. Neither the fat nor the food is digested. Both ferment. You are distressed,

# 100% Pure Butter-of-Nuts For Baking, Shortening, Frying & Candy-Making

melts 25 degrees below the temperature of your stomach. It is digested and assimilated more readily than even the finest creamery butter. Food prepared with SAWTAY is not robbed of its food-value. Since it is 100% pure butter-of-nuts, SAWTAY is of itself a food.

To insure light, golden doughnuts instead of "sinkers," try this recipe:

poons SAWTAY, a cup sugar, a eggs, a cup colle, a ta Luxing powder, lá telepions chinamon, lá teaspron tutmag, 1/2 teaspronts self. 3/2 cups flour.

Cream the SAWTAY, add one half the sugar. Bear egg, add remaining sugar and combine the mixtures. Saft flour, baking powder, saft and spine together, and gradually to the first mixture, using triple. Add enough more flour to make a drough staff enough to roll. Bull out in portions on floured boatd, shape with cutter and fry in deep but SAWTAY.

Send for "Sawtay Kandy Kids," Picture Book of Recipes for Children's Parties.

SAWTAY is Economical—Use me-fifth less and over and over.

SAUTÉ PRODUCTS CORP.

### Building Up Time

You've lost weight the past sum-mer. Just step on the scales and see for yourself. If you're quick to feel the cold of fall, the forerunner of winter, it's a sign your system needs building up. Cold weather and its many attendant ills have no terrors for those whose systems are strong and vigorous enough to resist disease. The remarkable invigorat-ing effects of

### **Duffy's Pure** Malt Whiskey

make its waste - repairing and atrength-producing properties especially valuable at this time of year.

and there's no medicine more naturally adapted for this purpose. It tones and strengthens the stomach for the proper digestion of foods. By insuring the greatest freedom from disase the highest degree of health, and the longest life,

people of all ages "Get Duffy's and Keep Well"

Surely you can afford an invest-ment in health by purchasing this Medicine for All

Mankind today. At most drug-gists,grocers and dealers. If they can't supply you write us. Medical booklet free.

The Duffy Mait Whiskey Co., Rechester, N. Y.

TROUBLE YOU?



And One Dose Has Often Dis-

pelled Years of Suffering.

Mayr's Wonderful Remedy can really be termed WONDERFUL. No matter where you live—you will find people who have suffered with Stomach, Liver and Intestinal Ailments, etc. and have been restored to health and are loud in their praise of this remedy. It acts on the source and foundation of these ailments, removing the poisonous catarrh and the bile accretions, taking out the inflammation from the intestinal tract and assists in rendering the same antiseptic. Sufrendering the same antiseptic. Sufferers are urged to try one dose—
which alone should relieve your suffering and convince you that Mayr's
Wonderful Remedy should restore you
to good health. Put it to a test to-day.
Send for booklet on Stomach Ailments
to Geo. H. Mayr, Mfg. Chemist, 156
Whiting St., Chicago, or better still,
obtain a bottle from your druggist.
For sale by Riker & Hegeman Co., and
all other reliable druggists.—Advt.

HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength and Figure

BY PAULINE FURLONG

42 CARE OF THE HAIR AND SCALP.

on the scarp that will completely close up the pores, stop the etreutstion and cause baldness. Dandruff is a foreign substance and is absolutely unclean and should be removed, Proper shampooing, scalpmassage, clean combs and brushes are escentials in the treatment and removal of dandruff.

Alopecta, or necyous buildness, apbaid spore and is the most annuying of all scalp discuses on account of its conspicuous appearance, but is considered by specialists one of the mildest somip troubles. This disease and beating and beating thighe 25 thair, 14.5; and 6.5; upsetdom attacks any but the very growth of heir than before the disease per arm 11.8; foreago, 19.2.

All heir chould be brushed, unless seldom attacks any but the very growth of hair than before the passage.

All hair cloudd be brushed, unless young and is the result of some in-a Splitting ends are due to extreme the scale is too ofly. The color makes



a few weeks will above the spots cov

pung and is the result of some internal disorder, principally nervousmess. To cure it complete rest and
mourishing foods are essential. If
you start the external treatment early

PERSONALS

Mrs. Walter F. Grant of Woonsocket.
R. I., says she has used Father John's
Medicine in her family of six children
whenever they had colds or coughs "and
results have been wonderfully satisfactory."

Miss Ellen O'Leary. Matron of the
Children's Home, in Lowell, Mass
says that she keeps forty children well
and strong by giving them Father John's
Medicine when they have a cough or get
run down, or have a cold.

Frank Bennet, of 239 State Street,
North Adams, Mass., says he gained
15 pounds while taking Father John's
here are these conditions and massage, and and massage
the scalp with a little olive out and
brush with a little olive out and
brush with a little olive out and
brush with a stiff
the hair for splitting ends are due to extreme
dryness, hot ourling rows.

Splitting ends are due to extreme
dryness, hot ourling rows.

Mail hair eleas
the scalp is ton
no difference.

Splitting ends are due to extreme
dryness. hot ourling rows.
He hair and brushe a little olive out and
brusher, is coive of the har little olive out and
brush with a stiff to scalp with a little olive out and
brush with a stiff to one of the har for splitting ends are due to extreme
dryness. hot ourling rows.
He hair and brushe a little olive out and
brusher is a such and brushed at least of the health,
thus a such the scalp with a stiff
brush the large dryness, and absolute coive of and builder, is
systematic upisuitating of the health,
thas a little olive out and
brusher is a caused by juppaired
circulation, nervousness, anemia and
nogelect, principally neglect. To arrest it three things are essential.

Splitting ends are due to extreme
dryness, hot ourling irons, ancient
the scalp with a little olive out and
some scale with a street
that To arreads
the hair and scale due to extreme
they are the principally neglect
to arread the har harden
to a se run down, or have a cold.

Frank Bennet, of 239 State Street,
North Adams, Mass., says he gained
15 pounds while taking Father John's
Medicine as a body builder.—Advt. nights each week the scalp should have a thorough massage, and about once in two weeks is not too often for the shampoo, even if the hair and scalp are extremely dry. Remove pins, combs, nets and false hair (if you wear any) each night and let the hair hand in a loose braid, after brushing.

It is an ancient idea that shampoon.

It is an ancient idea that shampooing the hair is hurtful to it, and, on
the contrary, a thorough washing
with wholesome soap at least every
two weeks for a woman and every
week for a man is not too often.
Proper soaps improve the dry condition of the scalp by replenishing
the natural oils which are lacking.
For this the pure olive oil (castile)
soap is the best. Always shave and
melt the soap for the shampoo and
never use it from the cake. For the
oily scalp tar soap is beneficial, but
if the scalp and hair are particularly
greasy do not use any soap when
washing. For this condition use two
raw eggs, beaten together with two
tablespoonfuls of lime water, and
apply to the hair after wetting it.

To-morrow I will explain for you
the proper way to shampoo the hair
and scalp. It is an ancient idea that shampoo-

Letters From Evening World Readers Following Miss Furlong's Lessons.

venience, will you kindly inform me what my measurements should be? I am about five feet tall. Since start-

I am about five feet tall. Since starting your course I have actually lost twenty-three pounds and look and feel like a new woman. In the past two weeks I have not lost weight, though I have continued to diet and exercise just the same. I now weigh 146 pounds. Do you think it possible for me to reduce to 105 pounds? I am forty-five years old."

Your letter pleased me very much, and I have printed it in full to help encourage some of my readers who have not been quite as successful as you. Do not try to reduce too much nor too quickly. You can weigh just what you want to weigh, and you are the only one who can regulate this. I think at your age you could weigh more than 105 pounds and still look well. I am giving you the measurements for five feet in height: Weight, 105 pounds; neck, 12.3; chest, 32; bust, 34.3; waist, 24; hips, 35.3; thighs, 26.5; calf, 12.9; ankle, 7.6; upper arm, 10, forearm, 9.3.

MAREL K. P. (Salt Lake) asket.

MABEL K. P. (Salt Lake) asks: "Please help me as you are helping others. I am thin and have no bust and great hollows in my neck. Will olive oil make me fat?"

Send me 15 cents and repeat your question. I will send you diet and exercises for gaining weight and formulas for internal ar external bust developers. Yes, olive oil will make you fat. Take one tablespoonful of olive oil with one of grape juice each night before retiring.

WILLIAM P. writes: "Have you ever given exercises for the neck and double chin? If so, when and how can I get them?"
Send me 16 cents and repeat your question and I will mail them to you.

Dis
E. G. A. writes: "I am one of your grateful admirers and am receiving wonderful Senefits from following your course in The Evening World I have gained eighteen pounds on the milk diet. I have had nervous prostration from overwork, which kept me very thin, and also have under-

### PRETZINGER'S FOR CATARRH.

"Proteinard's For Catarrh" should be the watchword of every citizen of this country who values leadth, self respect and the valuable sense of hearing. For caterrh is discussing emberrashes and dangerous too. Neglected massi caterrh soon apreads through the restem and often attacks the organs which give us the sense of hearing—causting deafness, so distressing to all. Get rid of caterrh by resularly using Pretainger's Caterrh Balm, little cents, at dealers! It has broved a boon to thou sands and has been on the market years. It you've never ried it, get a far to dayor a Free sample by addressing, enclosing 20, stemp to cover cost of mailing. Pret-2c. stamp to apper cost of mailing. Pret-singer's Catarrh Balm Co., Dayton, Ohio.

ZELINKA JURY DISAGREES.

port Case to Federal Court.

The new employed entirely of eather No. 440 Fourth Assesse, tried for partic pation to an altegral passport traud by said to daily bradarines and have been for Judge Forter in the Crontine Brane. for years. The course is obscure and of the Federal English Court, to day at

# **ESPECIALLY FOR**

### "Fruit-a-tives" Now Known as Woman's Best Medicine

medicine, is particularly well suited for the use of nomen, because of its mild and gentle action and its pleasant faste.

gestion, Bloating, Sick Headaches, Pain In The Buck, Neuralgia, or a General Run-Down Constitution, "Fruit-a-tives" is the only medicine needed to correct such troubles and restore the sufferer to complete health.

As a tonic, "Fruit-a-tives" is invaluable to purify and enrich the blood and

build up strength and vigor.
50c. a box, 6 for 82.50, trial size, 25c.

ago from New York, where he went to At dealers, or sent postpaid by Fruit-sconsult a specialist. He is eighty-four tives, Limited, Ogd-naburg, N.Y.—Advives,

Your jetter gratifies me very much and I am spore than greated at the gain in weight you have obtained. The headschee may be due to make different causes and not being a physician I cannot help you. Of fourse any carriers.

In severe cases of Constipation, Indi-

## Stern Brothers 42nd and 43rd Streets, West of Fifth Avenue

SPECIAL FOR FRIDAY AND SATURDAY

### Men's Sack Suits at \$15.00

Value \$20.00

Fashionable materials in the latest models and desirable colorings; also blues and blacks. All sizes from \$4 to 42 chest measure are represented, but not in every model.

A CLEARANCE OF

### Fall Overcoats at \$15.00

In Oxfords and Fancy Mixtures; skeleton or quarter silk lined; values \$20.00 and 22.50.

High Class Overcoats, - - - at \$22.50

Full silk and quarter silk lined; values up to \$30.00 Unusually large assortments of new model

Winter Overcoats for Men and Young Men at \$15.00 to 40.00

### Men's Smart Footwear

(6th Avenue and 43d Street Entrance)

For Street or Dress Wear, in all the fashionable leathers. priced at \$4.00 to \$9.00 a pair. Comfortable House Slippers made of Soft Felt and Leather with pliable soles; priced at \$1.35 to \$3.00 a pair.

SPECIAL FOR FRIDAY AND SATURDAY

Men's Laced Shoes

In tan and black calfskin; popular lasts,

at \$3.75 pair

### \$4.00 A WEEK Saturdays Until 10 P.M. Opens an Account Booklet. Our Liberal CREDIT Terms apply also to Long Island, New Jersey and Connecticut. We Close MAILED Evenings at FREE. 6 o'Clock. We Pay Freight & Railroad Fare ROOMS Completely Furnished. \$75 ROOMS Compisiely Furnished. \$125 ROOMS Completely \$150

# DANIEL REEVES, Inc.

This name is a sign on 66 separate grocery stores-61 of which are on Manhattan Island and 5 in New Jersey.

The name is also a sign on a big warehouse at 451 to 455 West 125th Street, near Aristerdam Avenue, which is the supply depot for the 66 stores.

What meaning has the name to you?

- 1. It means quality and purity in everything that is sold to you.
- 2. It means very fair prices on every standard food article that can be bought in any honest grocery store or that any honest manufacturer makes.
- 3. It means one price to all and that price spot cash to everybody.
- 4. It means equal service to all by polite salesmen who take pride in their work and in keeping themselves scrupulously clean.
- 5. It means a clean store where articles are kept clean all of the time and delivered to customers in a clean manner.

No individual grocery store-no chain of grocery stores—can possibly give a greater variety of pure food articles to the public than the DANIEL REEVES, INC., STORES.

No individual grocery store-no chain of grocery stores-can buy better or sell better than the DANIEL REEVES, INC., STORES.

DANIEL REEVES, INC., keeps pace with what the food manufacturers are doing and with the public's desires in the matter of pure foods.

DANIEL REEVES, INC., is going ahead as fast as possible trying to keep up with the growth of this community.

Fifteen years ago there was only one store at 141st St. and 8th Av. During eleven years the number grew to 35 stores. During the last four years 31 more stores started. Other stores are now in process of being leased.

> As evidence of the fairness of our prices, we mention-

KIRKMAN'S, GOLD BABBITT'S SOAP

We can highly recommend

You know the high standard of these makes of soap.

HECKER'S OF GOLD MEDAL 80°

We sell no flour privately labeled. It must be a well

and good brand before we sell it. COFFEE A special Blend which

BLUE LABEL CATSUP......11c CURTICE JAM (all flavors) ......14c SHREDDED WHEAT BISCUITS ......10c FORCE.....10c

Cox's or Cooper's Gelatine ... 8c Domino Pure Cane Syrup... Dromedary Cocoanut..... Franco-American Readymaid Javelle Water or Washing Log Cabin Syrup ..... 8c Old Dutch Cleanser...... Peterman's Roach Food ..... 8c Quaker Yellow Meal ..... 8c Sunshine 10c Crackers ..... 8c Bon Ami.... Babbitt's or Red Seal Lye .... Duryea's Corn Starch. Baker's or Huyler's Cocos (small cans) Davis Baking Powder, Kellogg's Toasted Corn Flakes

Beardsley's Shredded Codfish &c

Muller's Spaghetti..... Olives, Plain or Stuffed ..... Parson's Ammonia......8c Quaker Puffed Wheat..... Whole Head Rice ...... 20-Mule Team Borax..... Two-in-One Shoe Polish ..... Pure White or Cider Vinegar (large bottles)......8c Bird Gravel.....4c Elastic Starch......4 Lee's No Rub ......4c Reckitt's Biue .....4c Large Bag Salt ......4c Enameline Stove Polish ..... 4c Goodman's Noodles. ......4 Soap Powders (all kinds) .... 4c Scapine (large package) . . . . . 4c Vulcenol Stove Polish .....4c

Our stores open at 7 A. M. and close at 7 P. M.

# DANIEL REEVES, Inc.

Warehouse: 451 to 455 West 125th St., New York Telephone, 1016 and 1017 Morningside

NOTE-We will be glad to have customers write or telephone to us about our service. We want every customer to be satisfied in

182-184-188-188-190 Open 922-224-226-228
SMITH STREET (\*\*ajurday) GRAND STREET 222-224-226-228 Eves Near Driggs Ave. \$1 DOWN-50c A WEEK Be a Live Wire-Dress Up **Most Liberal Terms** Ever Offered You Get in Line for Prosperity Ladies' Fall Suits MEN'S SUITS These splendld suits These splendid suits are guaranteed all wool and percet fitting Dress the THIS COUPON Children on Allers Yes 10 % on Your Purchase. G(60, 104, 189, 190 190 222, 224, 226, 22 MITH STREET GRAND STREET 50c a Week J. MICHAELS Sults to Measure Royal Tailors.

"The Woman Who Dared" By Dale Drummond.

Now Appearing in The Evening World

A Married Life Serial With a Moral for Husbands and Wives.

